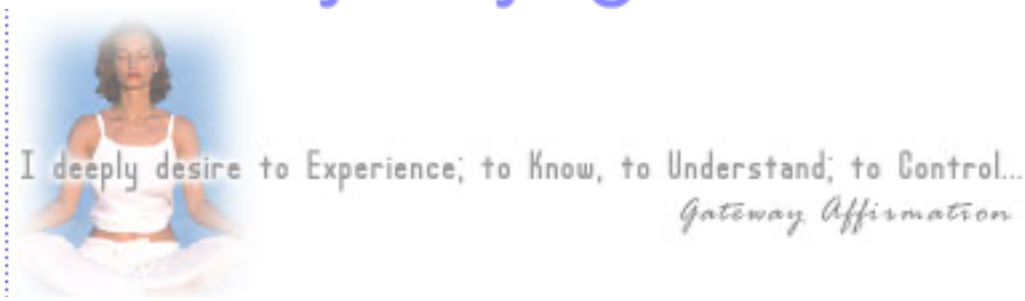
Gateway Voyage Residential Retreat

2007 Website Program Description

Gateway Voyage:



The Monroe Institute and its *Gateway Voyage* program are not designed to give pre-set answers. In fact, it is our sincere hope that graduates of the *Gateway Voyage* program leave with a new and ever-expanding array of questions, and that the tools we provide empower them to find their own answers.

We do not provide a new belief system at the *Gateway Voyage*. Individuals from all walks of life, professions, and a wide variety of religious backgrounds have attended without encountering conflict regarding their beliefs. The only philosophical point we ask you to consider as a serious possibility is that you are more than your physical body. However, there may be times when you are asked to look at different overviews. It will be your choice to evaluate and accept, reject, or remain undecided as to the validity of those overviews; and through direct experience to realize your own *Knowns*.

The out-of-body state and tools that may be utilized to achieve this particular state of consciousness are covered in the *Gateway Voyage*, but that is only a small part of the program's overall scope of self-awareness and self-empowerment. We cannot guarantee a conscious out-of-body experience during, or subsequent to, a *Gateway Voyage* Program - but we do offer tools that can help you toward that end.

The *Gateway Voyage* consists of progressive, guided Hemi-Sync® exercises (about 5-6 a day), application sessions, group discussions, and informal lectures, as well as free time for socialization and interaction with other participants.

We believe that coming to the *Gateway Voyage* with an open mind, a willingness to learn about yourself, and as few expectations as possible will greatly enhance your experience. The program does not use a pass-fail, right-wrong learning model. We encourage the exploration of consciousness from a personal and individualistic standpoint that allows *you* to determine what is most meaningful and effective for *you*.
Tools you will be provided include:

- **Focus™ 10**
  (mind awake, body asleep)
- **Focus 12**
  (expanded awareness)
- **Focus 15**
  (no time)
- **Focus 21**
  (other energy systems)

These tools and others presented during the program can be used to accomplish a variety of goals.
Goals include:

- relaxation
- recognition and control of personal energy,
- problem-solving,
- the out-of-body state,
- greater self-awareness,
- emotional cleansing,
- programming your future.

The Gateway Affirmation
I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.
In addition to the *Gateway Voyage* Programs held here in Faber, VA, The Monroe Institute (TMI) and The Institute of Noetic Sciences (IONS) have joined together to offer the *Gateway Voyage* at their scenic campus in Petaluma, California.

TMI and IONS are dedicated to the exploration of human consciousness and discovering the many possibilities of human potentiality that may enhance our evolution on our planet. The Gateway Voyage® is a method of discovery where one can explore different states of consciousness through direct experience. By exploring our internal world, we are able to understand in greater depth the nature of our own reality and our relationship to the universe. We utilize the patented Hemi-Sync® Technology as a tool to access these levels of awareness which assists one in knowing that we are more than our physical bodies. We invite you to find out for yourself and let the Gateway guide you on your own personal voyage inward.

Learn more about the Institute of Noetic Sciences by visiting their web site at www.noetic.org